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UNIVERSITY OF TORONTO

(The Provincial University of Ontario)

DEPARTMENT OF UNIVERSITY EXTENSION



BULLETIN OF INFORMATION

ON THE

TWO YEARS' COURSES

IN

OCCUPATIONAL THERAPY

AND

PHYSIOTHERAPY

Should those interested wish to ask any questions, the answers to which are not contained in this bulletin, they should write at once to W. J. Dunlop, Director, University Extension, University of Toronto, Toronto 5, Canada.

June 1st, 1931.

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THE UNIVERSITY

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Director of University Health Service

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Medical Advisor for Women Students

MISS E. GORDON, B.A., M.B., D.P.H.

Manager of the University of Toronto Press

R. J. HAMILTON, B.A.

UNIVERSITY OF TORONTO

(The Provincial University of Ontario)

The Department of University Extension offers two courses of two years' duration in

1. OCCUPATIONAL THERAPY

2. PHYSIOTHERAPY

The purpose of the course in Occupational Therapy is to train young women so that they may be qualified to act as occupational therapists in mental hospitals, general and orthopedic hospitals, sanatoria, hospitals for incurables, government institutions, occupational therapy workshops and private homes.

The work of a duly qualified occupational therapist consists in using as treatment, under the direction of a physician or surgeon, in mental, medical or surgical cases, any occupation, mental or physical, that may contribute to or hasten recovery from injury or disease.

As a large part of this course consists of craftwork, a knowledge of drawing and design is a very useful preparation for it. Training or experience in music, social science, nursing, or business is also desirable.

Supervisor—MISS F. L. WRIGHT

The purpose of the course in Physiotherapy is to furnish a training such that graduates may be qualified to act as physiotherapists, masseurs or masseuses in hospitals, institutions, and private homes.

The work of a duly qualified physiotherapist consists in using natural forces such as light, heat, electricity and water, with massage and exercise, in the treatment of disease and injury, under the direction of a physician or surgeon.

Supervisor—MISS C. A. KAULBACH

I. These courses each cover two years. A university diploma is awarded on the satisfactory completion of either course. Arrangements have been made so that a student who, after completing either of these courses, wishes to take the other may do so in one additional year—three years being necessary to take the two courses.

II. Each applicant must present a certificate of physical fitness either from the family physician or the Medical Adviser for Women Students of the University. No allowance can be made for physical disability. By order of the Board of Governors she must also submit a certificate of successful vaccination with her application or agree to submit such certificate within ten days after the opening of session.

III. The entrance requirements (on and after September, 1932) are as follows:

Pass Matriculation

LATIN (Authors and Composition)

ENGLISH (Literature and Composition)

HISTORY (Canadian and Ancient) *or*

CANADIAN HISTORY and MUSIC

MATHEMATICS (Algebra and Geometry)

SCIENCE (Physics and Chemistry)

Any one of:

GREEK (Authors and Accidence)

GERMAN (Authors and Composition)

FRENCH (Authors and Composition)

ITALIAN (Authors and Composition) *or*

SPANISH (Authors and Composition)

Honour Matriculation

Five subjects selected as follows:

ENGLISH (Literature and Composition)

One of LATIN (Authors and Composition)

MATHEMATICS (two of Algebra, Geometry, Trigonometry)

Two of GREEK (Authors and Composition)

*LATIN (Authors and Composition)

*This subject or paper may not be chosen twice.

GERMAN (Authors and Composition)
FRENCH (Authors and Composition)
ITALIAN (Authors and Composition)
SPANISH (Authors and Composition)
*MATHEMATICS (two of Algebra, Geometry, Trigonometry)
†SCIENCE (Physics and Chemistry)
SCIENCE (Botany and Zoology)

One of a third subject from the preceding group:

MATHEMATICS (*Algebra or *Geometry or *Trigonometry)
HISTORY

IV. All students will be on probation during the first term.

V. Applicants must be at least eighteen years of age before entering upon the course.

VI. Students of the First Year will be required to spend two of the summer months as assistants in the Occupational Therapy departments or in the Physiotherapy departments, respectively, of mental or general hospitals or other institutions.

VII. In subjects which are common to two courses students will attend the regular classes in university subjects already established. Lectures and practical work will occupy both forenoons and afternoons throughout the session.

VIII. The tuition fee, which includes the library and examination fees, is \$100 payable in advance, or, if paid in instalments, \$50.00 on or before October 15th and \$51.00 on or before January 15th. A penalty of \$1.00 per month is imposed if fees are not paid on dates specified.

Students in both courses are required to pay annually the Students' Administrative Council fee (\$2.00 for the First Year and \$6.00 for the Second Year) which entitles them to a copy of each of the one hundred issues of "The Varsity" each year and to a copy of *Torontonensis* on graduation.

Students in Occupational Therapy will be required to purchase such tools and materials as may be necessary for craftwork. The cost of these will be approximately \$50.00 for the two years.

*This subject or paper may not be chosen twice.

†A mathematical paper not chosen elsewhere may be substituted for either Physics or Chemistry.

IX. These courses open on the last Tuesday in September. In order that the necessary arrangements can be made in good time, applications should be sent in as early as possible, and in no case later than September 1st.

X. These courses will be given if a sufficient enrolment is obtained and may be discontinued at any time in the future if the demand for graduates seems to have been satisfied.

COURSE IN OCCUPATIONAL THERAPY

Prescription of work:

First Year

1. ANATOMY: A brief outline of the structure of the human body—each system being considered in turn—30 lectures.

A complementary demonstration course in which an opportunity is given for actual observation of the various parts of the body—30 tutorials.

Total hours 60.

2. PHYSIOLOGY: Elementary lectures on the principles of human physiology.

3. HYGIENE: A course of ten lectures in personal and community hygiene.

4. FIRST AID AND HOME NURSING: Special course, The St. John Ambulance Association.

5. PSYCHOLOGY: The meaning, point of view and methods of psychology. Consciousness and the unconscious. The aspects of mental development, (a) sensation and association of ideas, (b) habit and instinct, (c) emotion and sentiment. Mental conflict and character. (Two hours per week.)

6. SOCIAL SCIENCE: Introduction to the problems of Social Science.

7. SWEDISH THEORY: A course in the history, methods, and aims of teaching gymnastics to all ages.

8. PHYSICAL TRAINING: A course of two hours a week. Swedish Gymnastics—rhythmical and sustained, free standing work—simple apparatus.

9. APPLIED DESIGN: Block printing; stencilling; showcards;

posters; lettering; decoration; painting (lampshades); card design; illustration; batik.

10. WOODWORK: Construction; furniture repair; wood-turning; brushmaking; toys; chip carving; general carving; line carving; chair-seating; whittling.

11. BASKETRY: Reed; willow-work; furniture; pine needle and grass baskets.

12. WEAVING: Spinning; dyeing; woven rugs; frame weaving; card-weaving; loom weaving.

13. NEEDLEWORK: Dress cutting and making; millinery; embroidery; sewn rugs; lace-making; crochet; knitting.

14. CHILDREN'S WORK: Weaving; raffia work and coil baskets; modelling of plasticine; drawing; doll and marionette making; rake knitting; rag work; paper work; portfolio and box making.

15. CORD WORK: Knotting; braiding; splicing; netting (hammocks, mops); cording.

(In subjects 9-15 inclusive not all the topics mentioned will be covered every year.)

Second Year

1. MEDICINE AND SURGERY: A special course of lectures and demonstrations in neurology, orthopedics, tuberculosis, heart diseases, and emergency surgery.

2. PSYCHOLOGY: Man in society; the herd instinct—suggestion, sympathy, imitation. Work and fatigue, play and recreation. Adolescence, abnormality, delinquency, and functional mental disorders. Education and re-education. (Two hours per week.)

3. PSYCHIATRY: Definitions of fallacious sense perceptions, such as hallucinations, illusions, delusions, etc. Symptoms, cause and treatment of mental diseases. Mental deficiency, epilepsy, heredity. Clinical demonstrations and examinations.

4. THEORY AND PRACTICE OF TEACHING: A course of 15 lectures.

5. SOCIAL SCIENCE: Social Evolution in Europe and in America during the past two hundred years.

A brief historical sketch will be followed by a consideration of institutions, movements, legislation, etc., to which people have resorted as they have tried to meet or to achieve a changing social environment.

The class will be conducted in the form of a seminar. (One hour a week throughout the session.)

6. REMEDIAL GYMNASTICS: One-year course in medical gymnastics, to give a knowledge of correctives for deformities.

7. PHYSICAL TRAINING: Gymnastics continued from first year.

8. GAMES: A course in games suitable for different types of patients.

9. DEPARTMENTAL MANAGEMENT: Planning the work of an Occupational Therapy department, the selection of crafts, keeping records, ordering and care of equipment and supplies, etc.

10. Two afternoons of each week will be spent in practice-training in hospitals and three morning hours in clinical and practice-training at the School for Crippled Children.

11. METAL WORK: Art metal; jewellery; tinwork; brass, copper and pewter; repoussé; metal-turning.

12. BOOKBINDING AND REBINDING: Portfolio making; architectural and general model making.

13. MODELLING: Clay; paper-pulp, etc.; cement work, plaster work; gesso, pottery; illustrative modelling.

14. LEATHER WORK: Bag and dress detail making; case making; box covering; glove making; tooled leather work.

In each of the years lectures will be given on the history and development of Occupational Therapy and on the adaptation of the work in the various subjects to Occupational Therapy. There will also be special lectures on the Workmen's Compensation Act by one of those engaged in the carrying out of that legislation, on work with abnormal children, and on speech training.

COURSE IN PHYSIOTHERAPY

Prescription of Work

First Year

1. ANATOMY: In the *first semester* a brief outline of the structure of the human body—each system being considered in turn—30 lectures.

A complementary demonstration course in which an opportunity

is given for actual observation of the various parts of the body. 30 tutorials.

In the *second semester*—a more detailed study of the body is commenced with complementary tutorials—30 lectures and 30 tutorials.

2. **PHYSIOLOGY:** Elementary lectures on the principles of human physiology.

3. **HYGIENE:** A course of ten lectures in personal and community hygiene.

4. **PHYSICS:** A course of fifteen lectures on heat, light, and electricity.

5. **PSYCHOLOGY:** The meaning, point of view and methods of psychology. Consciousness and the unconscious. The aspects of mental development, (*a*) sensation and association of ideas, (*b*) habit and instinct, (*c*) emotion and sentiment. Mental conflict and character. (Two hours per week.)

6. **SWEDISH GYMNASTICS:** A course of Swedish Gymnastics, two hours a week, rhythmical and sustained, free standing work, simple apparatus.

7. **SWEDISH THEORY:** A course of lectures, two hours a week, in the history, aims and method of teaching gymnastics to all ages.

8. **REMEDIAL GYMNASTICS:** (See details on page 10.)

9. **MASSAGE:** (See details on page 10).

10. **THEORY OF TREATMENTS:** (See details on page 11).

11. **HYDROTHERAPY, ELECTROTHERAPY, THERMOTHERAPY, ACTINOTHERAPY:** (See details on page 12).

12. **FIRST AID AND HOME NURSING:** Special course, The St. John Ambulance Association.

Second Year

1. **ANATOMY:** In the *first semester* a continuation to completion of the more detailed study of the body already begun in the previous year—30 lectures—tutorials. Total hours 180.

2. **SWEDISH GYMNASTICS:** Continued from first year. (See above).

3. **REMEDIAL GYMNASTICS:** Continued from first year. (See details on page 10).

4. **MASSAGE:** Continued from first year. (See details on page 10).

5. THEORY OF TREATMENTS: Continued from first year. (See details on page 11).

6. HYDROTHERAPY, ELECTROTHERAPY, THERMOTHERAPY, ACTINOTHERAPY: Continued from first year. (See details on page 12).

7. MEDICINE AND SURGERY: A special course of lectures and demonstrations in neurology, orthopedics, tuberculosis, heart diseases and emergency surgery.

First Year students commence hospital work in February, two afternoons a week under supervision.

The Second Year students work in hospitals four afternoons a week throughout their entire year. They are also provided with experience at the School for Crippled Children. All work is supervised.

Brief Outline of Remedial Gymnastics

- (1) The aims and equipment used for Remedial Gymnastics.
- (2) All fundamental corrective positions.
- (3) Averdson's corrective movements.
- (4) Frenkel's exercises.
- (5) Re-education of walking, and all forms of muscle training.
- (6) Special exercises for deformities, and all other conditions which may benefit by Remedial Gymnastics.
- (7) Passive movements of joints and their effects.
- (8) Active Movements. Assisted. Free. Resisted. Concentric, Eccentric and Static muscle work. Paths of movement. Axes and planes as applied to the human body. Types of lever. General and special effects of exercises. Fundamental and derived positions. The grouping and progression of exercises.

Brief Outline of Massage

A course to meet the requirements of the Canadian Association of Massage. The prescription of work detailed below will be covered in the two years. History, Theory, Aims and Therapeutic value of massage and movement and contra-indications.

- (1) Effleurage. (Centripetal stroking.) (a) Superficial, (b) Deep.

N.B. Stroking may be done other than centripetally, and is not then classified as effleurage (see later).

- (2) Petrissage. This includes picking up, kneading and all squeezing manipulations, e.g., arm and leg kneading, back kneading with flat hand and wringing manipulations.
- (3) Frictions. Small circular manipulations with pressure with the object of breaking down adhesions or infiltrations. These must be distinguished from muscle kneadings over small areas.
- (4) Tapotement or Percussion. Hacking, Clapping, Pounding, Beating.
- (5) Shakings. As distinct from vibrations.
- (6) Vibrations. Soothing and stimulating.
- (7) Stroking. In any direction, as distinct from effleurage.
- (8) Nerve Massage. Stroking. Vibrations (running and static). Frictions (light and deep). Pressures. Tapotement. Nerve stretching.
- (9) General Care of Patient. Taking of temperature, pulse, respiration. Splinting. Bandaging. Fomentations. Compresses. Application of sterile dressings. Removal of strappings. Prevention of pressure sores. Use of cradles. Lubricants. General care of skin. Etiquette.

A. General Massage treatments.

B. Special Massage treatments.

For all conditions where massage may be prescribed.

Brief Outline of Theory of Treatments

The work in this subject during the two years will be designed to equip the student with a knowledge of diseases and deformities that can be treated by Massage and Remedial Gymnastics.

- (1) General Pathological Conditions.
- (2) Injuries to bones, joints, muscles and tendons.
- (3) Scar Tissue.
- (4) Orthopaedics.
- (5) Diseases of Muscle.
- (6) Diseases of Circulatory System.
- (7) Diseases of Respiratory System.
- (8) Diseases of Alimentary Canal.

- (9) Diseases of Nervous System.
- (10) Constitutional Diseases.
- (11) Diseases of the Genito-Urinary System.

HYDROTHERAPY: An outline of the principles and a study of the various types of apparatus used.

ELECTROTHERAPY: A consideration of the principles of: (a) galvanic; (b) faradic; (c) High-frequency currents and their various modifications and mode of application to disabilities.

THERMOTHERAPY: The principles of treatment by heat and modes of application.

ACTINOTHERAPY AND X-RAY: A résumé of the principles and uses of various forms of light and X-ray.